

Full Report (All Nutrients) 02034, Spices, poultry seasoning

Report Date: October 26, 2015 06:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.38 Fat Factor: 8.37 Protein Factor: 2.36 Nitrogen to Protein Conversion Factor: 5.89

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.5g	1 tbsp 4.4g
Proximates						
Water	g	9.31	--	--	0.14	0.41
Energy	kcal	307	--	--	5	14
Energy	kJ	1284	--	--	19	56
Protein	g	9.59	--	--	0.14	0.42
Total lipid (fat) ^a	g	7.53	--	--	0.11	0.33
Ash	g	5.92	--	--	0.09	0.26
Carbohydrate, by difference	g	65.59	--	--	0.98	2.89
Fiber, total dietary	g	11.3	--	--	0.2	0.5
Sugars, total	g	1.80	--	--	0.03	0.08
Minerals						
Calcium, Ca	mg	996	--	--	15	44
Iron, Fe	mg	35.30	--	--	0.53	1.55
Magnesium, Mg	mg	224	--	--	3	10
Phosphorus, P	mg	171	--	--	3	8
Potassium, K	mg	684	--	--	10	30
Sodium, Na	mg	27	--	--	0	1
Zinc, Zn	mg	3.14	--	--	0.05	0.14
Copper, Cu	mg	0.843	--	--	0.013	0.037
Manganese, Mn	mg	6.857	--	--	0.103	0.302
Selenium, Se	µg	7.2	--	--	0.1	0.3
Vitamins						
Vitamin C, total ascorbic acid	mg	12.0	--	--	0.2	0.5
Thiamin	mg	0.264	--	--	0.004	0.012

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.5g	1 tbsp 4.4g
Riboflavin	mg	0.191	--	--	0.003	0.008
Niacin	mg	2.970	--	--	0.045	0.131
Vitamin B-6 1	mg	1.320	2	--	0.020	0.058
Folate, total	µg	138	--	--	2	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	138	--	--	2	6
Folate, DFE	µg	138	--	--	2	6
Choline, total	mg	30.3	--	--	0.5	1.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	132	--	--	2	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1568	--	--	24	69
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	23	--	--	0	1
Vitamin A, IU	IU	2632	--	--	39	116
Lycopene	µg	7	--	--	0	0
Lutein + zeaxanthin	µg	1107	--	--	17	49
Vitamin E (alpha-tocopherol)	mg	1.32	--	--	0.02	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	805.4	--	--	12.1	35.4
Lipids						
Fatty acids, total saturated	g	3.290	--	--	0.049	0.145
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.128	--	--	0.002	0.006
10:0	g	0.135	--	--	0.002	0.006
12:0	g	0.125	--	--	0.002	0.006
14:0	g	1.221	--	--	0.018	0.054
16:0	g	1.281	--	--	0.019	0.056
18:0	g	0.360	--	--	0.005	0.016

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.5g	1 tbsp 4.4g
Fatty acids, total monounsaturated	g	1.206	--	--	0.018	0.053
16:1 undifferentiated	g	0.082	--	--	0.001	0.004
18:1 undifferentiated	g	1.113	--	--	0.017	0.049
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.936	--	--	0.029	0.085
18:2 undifferentiated	g	0.992	--	--	0.015	0.044
18:3 undifferentiated	g	0.944	--	--	0.014	0.042
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	96	--	--	1	4
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

²Giuffrida, D., Salvo, F., Ziino, M., Toscano, G., and Dugo, G. **Initial investigation on some chemical constituents of capers (Capparis Spinosa L.) from the island of Salina.**, 2002 Ital. J. Food Sci. 14 1 pp.25-33

³Inocencio, C., Rivera, D., Alcaraz, F., and Tomás-Barberán, F. A. **Flavonoid content of commercial capers (Capparis spinosa, C. sicula and C. orientalis) produced in Mediterranean countries.**, 2000 Eur. Food Res. Technol 212 pp.70-74

⁴Antonen, M. J. and Karjalainen, R. O. **High-performance liquid chromatography analysis of black currant (Ribes nigrum L.) fruit phenolics grown either conventionally or organically.**, 2006 J. Agric. Food Chem. 54 pp.7530-7538

Footnotes

^a Total proximates do not equal 100% because piperine was subtracted from lipid value.

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1141 PEPPER, WHITE
- C0230 FRUIT, PEEL REMOVED, CORE, PIT OR SEED PRESENT
- E0106 FINELY GROUND
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- H0229 FLAVORING, SPICE OR HERB ADDED, NATURAL
- J0141 NATURALLY DRIED

- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION